

# ATTITUDE INVENTORY®

An Evaluation Designed to Measure Your Response to Internal and External Stress.

- ✓ Are you a victim, play the blame game?      ✓ Do you feel guilty when you have to say "no"?
- ✓ Do you have realistic expectations of yourself and others?      ✓ Are you a perfectionist?

It has been said that: "*Attitude is everything!*" When reflecting on why we feel stressed and anxious, most of us look outside. We look at other people, institutions, work places and family for the reasons for our distress. The following evaluation will give you an opportunity for insight into the role your basic thinking plays in your level of anxiety.

As you read each statement, consider it not on an intellectual level, but by your emotional and physical response when you make that statement. For example: Number 9, "*I do not like to fail.*" Intellectually you may know that we all "fail" and this is a part of life. But when you make the judgment that you failed, how does your stomach feel? Do you go over this "failure" again and again? For weeks, months, years? How does your head feel? What is your tension level? Reflecting in this manner, circle a one, two, three or four. Respond quickly, do not analyze! Your first response is usually the most accurate.

**Step 1:** Go through the statements at this time; circle the number that best describes your response.

1 = I never feel this way  
2 = I occasionally feel this way

3 = I frequently feel this way  
4 = I almost always feel this way

1.	I like to be in control at all times . . . . .	1	2	3	4
2.	I like things to be fair . . . . .	1	2	3	4
3.	I have a hard time saying "no" without feeling guilty . . . . .	1	2	3	4
4.	I like things to be perfect . . . . .	1	2	3	4
5.	I have high expectations of myself . . . . .	1	2	3	4
6.	I worry about what other people think . . . . .	1	2	3	4
7.	If I want something done right I feel I should do it myself . . . . .	1	2	3	4
8.	I feel guilty easily . . . . .	1	2	3	4
9.	I do not like to fail . . . . .	1	2	3	4
10.	I feel people should listen better . . . . .	1	2	3	4
11.	I don't like to cause conflict . . . . .	1	2	3	4
12.	People don't appreciate all that I do . . . . .	1	2	3	4
13.	I'm not where I want to be in life . . . . .	1	2	3	4
14.	There is not enough time in my day . . . . .	1	2	3	4
15.	I don't really feel rested . . . . .	1	2	3	4

subtotal \_\_\_\_\_

total of all subtotals \_\_\_\_\_

**Step 2:** Find the subtotal for each column by adding the numbers in each column.  
(If you circled three number 3's, your subtotal for that column would be 9)

**Step 3:** Add the subtotals together and note your grand total. Consult the directions on back to determine your scoring results.

This self-evaluation inventory may help you see that it is your attitude, inner beliefs, your picture of how life *should be*, that is causing most of your anxiety. It is impossible for things to always "be fair." You may have known this intellectually, but this evaluation measures your response and therefore, stress level, when you mentally stomp your feet and say, "*It's not fair! I am a good person. I follow all the rules. I don't deserve this!*"

# SCORING

- 0-15 You are a very realistic person. You realize how ridiculous all of these statements really are.
- 16-25 Your attitude is responsible for a mild amount of anxiety in your life. With some minor adjustments, you can improve your stress level considerably.
- 26-35 You experience a moderate to high amount of anxiety as a direct result of your thoughts and expectations. You will be less anxious and more content if you learn how to change the way you think.
- 36-60 You are probably anxious and dissatisfied with yourself and others much of the time. It is your attitude and subsequent reaction process. You can be taught to see life experiences in a different way.

Most of the statements on this inventory are ridiculous, perfectionist, anxiety producing statements. If you are trying to live with these statements and beliefs, you are asking for anxiety and stress. You can be taught to let go of this type of thinking.

This evaluation also highlights four thinking themes:

**~If you circled a 3 or 4 on statements 1,4,5,7 and 9, you may be a perfectionist.**

Think about the anxiety it produces to always want perfection when in reality there is no "perfect." We constantly live in the "never arrive" state. When you think that in order for something to be done correctly you'd better do it yourself, two things happen. You end up doing all the work and those you were unable to delegate to also feel disempowered, untrustworthy and inadequate.

**~If you circled a 3 or 4 on statements 3,6,8,10,11,12, and 14, you need to work on being more assertive.**

You can learn how to stand up for yourself without standing on someone else, to love and respect yourself. ATTACKING ANXIETY & DEPRESSION will teach you how to be heard without shouting. Are you tired of being a people-pleaser, worrying more about what others think of you instead of what really matters, *what you think of yourself?*

**~If you circled a 3 or 4 on statements 2,5,7,9, and 10, you have unrealistic expectations.**

This makes you very hard to live with, but the person that you are hardest on is YOU. We are not suggesting that you should have low expectations, rather reasonable, realistic ones. You can learn how to reexamine your should's, could's and expectation's.

**~If you circled a 3 or 4 on statements 2,8,10,12,13, and 15, you feel victimized and probably spend a lot of time looking outside yourself for the reasons.**

You can learn how to: take control of your life, stop being a victim, stop blaming and think in healthy, productive ways. You can choose to be happy and peaceful. You are capable of learning how to take charge of your life.

It is impossible to "be in control" at all times. Things are not always fair, however, people only take advantage of you when you let them. You can learn to be comfortable with the preceding statements. If you scored high on this inventory, you really need to change the way you think in order to minimize and eliminate some of your anxiety and distress. ATTACKING ANXIETY & DEPRESSION will teach you how to think and behave in a realistic, calm and healthy way. If stress and anxiety are disrupting your life, now is the time to pick up the skills that you have not learned yet. To banish useless worry, overcome your anxieties and live life with passion, order ATTACKING ANXIETY & DEPRESSION today at:

**1-800-944-9428**